



## 2016 Rulebook

The National Veterans Golden Age Games (NVGAG) encourages VA enrolled seniors age 55 and over to make physical activity a central part of their lives, and support VA's comprehensive recreation and rehabilitation therapy programs. It is a national showcase for the preventive and therapeutic value of sports, fitness and recreation for all older Americans.

The following qualifying procedures and rules of competition for the 2016 National Veterans Golden Age Games are based upon those set forth by the recognized National Governing Body (NGB) for each sport. In the best interest of the athletes, modifications and variances of these rules and regulations are permitted as outlined in the rulebook.



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## ATHLETE ELIGIBILITY

To be eligible, athletes must be 55 years of age or older as of December 31, 2016 and currently eligible for healthcare through the Department of Veterans Affairs (VA).

## REGISTRATION FOR EVENTS

Athletes must register online at [www.veteransgoldenagegames.va.gov](http://www.veteransgoldenagegames.va.gov) to participate in the NVGAG. Athletes must register for a minimum of four (4) National Veterans Golden Age Games events. Registration under badminton (no more than 2 events), power walk (no more than 1 event), swimming (no more than 3 events) and track (no more than 4 events) will count as one event toward these event requirements.

## MENU OF EVENTS

Name of Event	Age <sup>1</sup>	Gender <sup>2</sup>	Ambulatory	Wheelchair <sup>4</sup>	Visually <sup>3</sup> Impaired
Air Rifle	X	X			
Badminton Singles	X	X			
Badminton Doubles	X	X			
Badminton Mixed Doubles	X	X			
Boccia Singles	X		X	X	
Boccia Doubles	X		X	X	
Bowling	X	X	X	X	X
Cycling - 5K	X	X	X		
Field Shot Put	X	X			
Field Discus	X	X			
Field Javelin	X	X			
Golf	X	X			
Horseshoes	X	X	X	X	X
Nine Ball	X		X	X	
Power Walk – ½ Mile	X	X	X		
Power Walk – 1 Mile	X	X	X		
Shuffleboard	X		X	X	X
Swimming 25yd & 50yd freestyle-backstroke-breaststroke	X	X			
Table Tennis	X		X	X	
Track	X	X	X		

Events in red are qualifying events for the 2017 National Senior Games in Birmingham, Alabama.

<sup>1</sup>Each medal event will have seven age divisions for participation:

- 55-59
- 60-64
- 65-69
- 70-74
- 75-79
- 80-84
- 85 and up

Athletes may request to compete in a younger age division. At the discretion of the National Head Official, an age division with only one entry may be assigned to compete with athletes in another age division; however medals will be awarded in original age division entered.

<sup>2</sup>In some events as listed above, men and women will compete in different divisions.

<sup>3</sup>**VISUALLY IMPAIRED DIVISION** – Visual acuity above 20/600 and up to 20/200, AND/OR visual field of less than 20 degrees and more than 5 degrees in best eye, with the best practical eye correction. These criteria must be verified and documented by a qualified VA VIST Coordinator. Athletes in this division are eligible to compete in a separate division for the following sports: bowling, horseshoes and shuffleboard. Athletes in this division may also register for field, power walk, and swimming; however, separate award medals will not be given for this division.

<sup>4</sup>**WHEELCHAIR DIVISION** – Athletes who require a wheelchair for competition are eligible to compete in a separate division for the following sports: boccia, bowling, horseshoes, nine ball, shuffleboard, and table tennis. \*Note –If athletes utilize a scooter they must adhere to the modification of the rules for wheelchair users (i.e. - feet may not touch the floor during competition).

## SUMMARY OF SIGNIFICANT CHANGES

The following is a summary of the significant changes to the rules of competition governing the 2016 NVGAG. **This section is a summary only and does NOT summarize every change. For specific information, please review the actual rule in question under the specific medal sport.**

1. **NEW EVENT** – *Boccia has been added as a new event for ambulatory and wheelchair divisions. The following competitions within boccia have been added: singles and doubles.*
2. **NEW EVENT** – *Power Walk is now a separate event.*
3. **SUSPENDED EVENT** – *Dominoes has been temporarily suspended as an event in an*

*effort to provide more physically active competitions.*

4. **EVENT CAPS** - *To ensure every competitor adequate playing time, NVGAG will be placing a cap on the total number of entries for the following sports: air rifle, badminton, field, golf, horseshoes, power walk and shuffleboard. Inquiries regarding entries can be directed to Local Organizing Committee (LOC) via email at [kennan.lumpkin@va.gov](mailto:kennan.lumpkin@va.gov), prior to the March 4, 2016 registration deadline.*
5. **MULTI-EVENT COMPETITION CAPS** – *Badminton: two events; Power walk: one event; Swimming: three events; Track: four events.*
6. **VISUALLY IMPAIRED DIVISION** – *Visual acuity above 20/600 and up to 20/200, AND/OR visual field of less than 20 degrees and more than 5 degrees in best eye, with the best practical eye correction. These criteria must be verified and documented by a qualified VA VIST Coordinator. Athletes in this division may register for field, power walk, swimming and track; however, separate award medals will not be given for this division.*
7. **AGE REQUIREMENT** – *All registered athletes must be 55 years of age or older as of December 31, 2016.*

## **RULES, REGULATIONS & FORMAT**

Following are the qualifying procedures and rules of competition governing the 2016 (NVGAG).

These games will be held July 10-14, 2016 in Detroit, Michigan.

### **A. National Governing Body (NGB)**

All sports/events shall be governed by the rules of the NGB for that sport. The NVGAG has modified some of these rules in the best interest of its athletes. All rules shall apply as stated in the NGB and NVGAG rulebooks.

### **B. Modifications of Rules and Adapting Events**

Any modifications to the rules, based on an athlete's disability, may be requested and are subject to the discretion of the event's Head Official.

Visually impaired athletes with a visual acuity above 20/600 and up to 20/200, AND/OR visual field of less than 20 degrees and more than 5 degrees in best eye, with the best practical eye correction. These criteria must be verified and documented by a qualified VA VIST Coordinator. These athletes will compete in separate divisions for Bowling, Horseshoes and Shuffleboard. Athletes in this division may also register for Field, Power Walk, and Swimming; however, separate award medals will not be given for this division.

Wheelchair modifications will be made for athletes that are restricted to the use of a wheelchair for competition, and will compete in separate divisions for Boccia, Bowling, Horseshoes, Nine Ball, Shuffleboard, and Table Tennis. \*Note –If athletes utilize a scooter they must adhere to the modification of the rules for wheelchair users (i.e. - feet may not touch the floor during competition).

### C. Events Entries

Athletes must enter a minimum of four events.

- |  |                                       |                |                |
|--|---------------------------------------|----------------|----------------|
| • Air Rifle                            | • Cycling                             | • Nine Ball    | • Table Tennis |
| • Badminton                            | • Field                               | • Power Walk   | • Track        |
| • Boccia                               | • Golf                                | • Shuffleboard |                |
| • Bowling                              | • Horseshoes                          | • Swimming     |                |
| • 3-on-3<br>Basketball<br>(Half Court) | • Disc Golf<br>(Visually<br>Impaired) | • Pickleball   | • Racquetball  |
|  |                                       |                | • Rowing       |

Exhibition Events - Neither Medals nor will Ribbons be awarded for exhibition events.

Exceptions:

1. **Badminton**, athletes, may enter a maximum of two events.
2. **Power Walk**, athletes may enter only one event.
3. **Swimming**, athletes may enter a maximum of three events.
4. **Track**, athletes may enter a maximum of four events.

### D. Doubles/Mixed Doubles

All doubles and mixed doubles pairs will compete in the age division of the younger partner as of December 31, 2016. Partners do not need to be from the same VA Medical Center.

### E. Brackets and Formation of Heats

All seeding shall be random:

1. Results of past NVGAG will be used whenever possible.
2. Athletes from the same medical center will not be matched against each other in first round matches, whenever possible.

### F. Awards

Awards will be presented for 1<sup>st</sup> through 6<sup>th</sup> place for each event within each age division  
Exception: bracket events will be awarded 1<sup>st</sup> through 3<sup>rd</sup> place, open divisions will be age division only.

## **G. Tie Rule**

In the event of a tie during a tournament (bracketed) event, athletes will be awarded duplicate medals. Bracketed events include: Badminton, Boccia, Horseshoes, Nine Ball, Shuffleboard and Table Tennis.

## **H. Disqualifications**

National Officials have the right to disqualify any athlete from competition. The athlete will forfeit the right to any awards for the following:

- unsportsmanlike conduct or tactics detrimental to the competition
- inappropriate uniform
- non-compliance to the rules of the specific event, as outlined in this Rulebook.

## **I. Default during Competition**

Athletes that forfeit during tournament play rounds shall not be permitted to advance to the championship or consolation brackets except where such a forfeit is the result of a verified medical reason, or a good-faith effort was made to compete. Verification by a member of the NVGAG medical staff of an athlete's injury and capability to continue must be submitted to and subsequently approved by the event's Head Official and the National Head Official prior to the athlete being permitted to continue. A good-faith effort to compete will be determined by the event's Head Official and the National Head Official.

Athletes that forfeit during championship or consolation play shall not be eligible for awards except where such forfeit is the result of a verified medical condition, or a good-faith effort was made to compete, and does not result in a Did Not Finish under NVGAG or NGB rules. Their award spot will be left open and subsequent places will not be moved up. Verification by a member of the NVGAG medical staff of the athlete's injury must be provided to and subsequently approved by the event's Head Official and the National Head Official prior to receipt of any awards.

## **J. Coaching**

Coaches and spectators on the sidelines will not be allowed to advise or coach any athlete during competition. If, after asking a coach/spectator not to coach an athlete and he or she continues to do so, the event's Head Official will ask the coach/spectator to leave the competition area. All coaches must have the required credentials to access the field of play.

## **K. Protests**

Any person desiring to make a protest with regard to any aspect of competition at the NVGAG shall make such protest to the event's Head Official of the competition/rule in question. All

protests must be written and submitted to the event's Head Official within 30 minutes of the conclusion of the game, match, heat, or event under protest. Official's decisions and judgment calls may not be protested. The National Head Official will evaluate the protest and render a decision.

If a response to a protest is such that a further hearing is desired. An appeal will be made to the NVGAG Committee. This request must be made within 30 minutes of the initial protest denial. All decisions by the NVGAG Committee are final and not subject to further appeal.

#### **L. Uniforms**

All athletes must wear athletic-type clothing and shoes that are customary for the sport in which they are competing. Street-type clothing and shoes that are inappropriate may result in a disqualification. Uniforms shall be free of inappropriate symbols or wording.

#### **M. How to suggest a Rule Change for subsequent NVGAG**

Suggestions for rules changes in future NVGAG may be made in writing to the NVGAG Program Director up to 30 days after the 2016 NVGAG. NVGAG rules are reviewed and approved annually by the NVGAG National Advisory Council and are published via [www.veteransgoldenagegames.va.gov](http://www.veteransgoldenagegames.va.gov).

#### **N. How to suggest that a New Sport be added to the NVGAG**

You may contact the NVGAG Program Director at [www.veteransgoldenagegames.va.gov](http://www.veteransgoldenagegames.va.gov) if you would like to suggest that a new event be added to the menu. You must include the following information:

1. An exact description of the sport/event.
2. The address, phone number and contact person for the national governing body (NGB) for the sport/event.
3. The number of people, ages 55 and older, that participate in this activity.
4. The geographic distribution of people, ages 55 and older, that participates.
5. Any additional pertinent information.

New sports and exhibition events are reviewed and approved annually by the NVGAG National Advisory Council are published via [www.veteransgoldenagegames.va.gov](http://www.veteransgoldenagegames.va.gov).

#### **NATIONAL SENIOR GAMES ASSOCIATION (NSGA)**

Select events offered at the 2016 NVGAG serve as pre-qualifying events to compete at the 2017 National Senior Games (see Menu of Events above). The Office of National Veterans Sports Programs & Special Events supports all NVGAG elite athletes to take their competitive drive to the next level.



The NVGAG National Office will forward all first, second, third and fourth place winners in the shared sports between NVGAG and NSGA after the conclusion of the 2016 NVGAG. These shared sports include: bowling, non-ambulatory bowling, badminton, cycling, field, golf, horseshoes, non- ambulatory horseshoes, shuffleboard, non-ambulatory shuffleboard, swimming, table tennis, and track. All costs associated with NVGAG athletes' participation at the National Senior Games will be the responsibility of the Veteran. NSGA grant funding may be available to non-ambulatory Veterans who qualify. For more information, please visit [www.nsga.com](http://www.nsga.com).

## **MEDAL SPORTS**

### **AIR RIFLE**

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#### **EQUIPMENT**

The NVGAG will provide standard .177 air rifles with a maximum velocity of no more than 750 feet per second (fps), .177 pellets, 10-Meter targets, target boxes, and protective eyewear. Only iron or peep sights are permitted. Athletes may bring their own equipment, but it must meet USA Shooting standards:

- The air rifle must be .177 caliber
- No air rifle producing muzzle velocity above 750 Fps will be allowed
- No air rifle with repeating capability will be allowed
- Only flathead pellets are allowed.

#### **COMPETITION**

The competition will be a modified PRONE event. Each athlete will fire a total of 12 shots at the approved target. The first two shots will be sighted shots. Each athlete will shoot a total of 10 shots for the record, one per bulls' eye totaling a possible score of 100 points. There will be a 10 minute safety briefing and preparation period, 15 minutes to complete the 10 qualifying shots. All shooters must arrive one hour prior to their scheduled shooting event.

Each athlete must support the rifle with both elbows resting on the stationary-firing table. The chest and/or abdomen may also rest on the table.

#### **EVENT RULES**

All matches will be conducted in accordance with USA Shooting Rifle rules for 10m Air Rifle, except as modified herein. For a copy of these rules, please visit:

[USA Shooting](http://www.usashooting.org)  
One Olympic Plaza  
Colorado Springs, CO 80909  
(719) 866-4670

## **BADMINTON**

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### **EQUIPMENT**

The NVGAG host will provide racquets, and natural feathered shuttlecocks. Athletes may elect to use their own racquets; however they must conform to the USA Badminton standards.

### **COMPETITION**

The competition will consist of singles, doubles and mixed doubles. The age division of doubles and mixed doubles will be determined by the younger age of the two partners as of December 31, 2016.

The competition will be set up in a single elimination tournament format. All matches will be played as a best two out of three games.

Athletes may compete with only one partner per event. Under NVGAG rules, doubles and mixed doubles are classified as events. Therefore, athletes may not compete in more than one age division for doubles or mixed doubles.

The NVGAG reserve the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.

### **EVENT RULES**

All matches will be conducted in accordance with USA Badminton rules, except as modified herein. For a copy of these rules, please write or call:

[www.usabadminton.org](http://www.usabadminton.org)  
USA Badminton  
One Olympic Plaza  
Colorado Springs, CO 80909  
(719) 866-4808



## **BOCCIA**

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### **EQUIPMENT**

The NVGAG host will provide the regulation boccia courts (12.5m x 6m), balls, measuring devices, timing equipment and ramps (wheelchair division).

### **COMPETITION**

The competition will consist of singles and doubles. The age division of doubles will be determined by the younger age of the two partners as of December 31, 2016.

The competition will be set up in a single elimination tournament format. Singles matches will consist of (4) ends, doubles matches consist of (6) ends at the completion of the ends, the points scored on each end are added together the higher total score is the winner. If score are equal, a “tie-break” end is played.

Athletes may compete with only one partner per event. Under NVGAG rules, doubles are classified as an event. Therefore, athletes may not compete in more than one age division for doubles.

The NVGAG reserve the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.

### **EVENT RULES**

All matches will be conducted in accordance with USA Boccia rules, except as modified herein. For a copy of these rules, please write or call:

USA Boccia  
1398 Penataquit Avenue  
Bay Shore, NY 11706  
631-388-6164  
[www.usaboccia.org](http://www.usaboccia.org)

## **BOWLING**

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### **EQUIPMENT**

The NVGAG will provide bowling balls, ramps, handles, sticks, and bowling shoes. Athletes may elect to use their own bowling ball and shoes. All bowling balls must conform to the size and weight outlined by United States Bowling Congress, American Wheelchair Bowling Association for wheelchair and wheelchair adaptive categories or American Blind Bowling Association for the visually impaired category.

### **COMPETITION**

This competition will be based on the total pins attained in two complete games. Each game will consist of 10 frames. Bowlers will be given the opportunity to warm up on the lanes prior to bowling their two games in the competition. Averages will not be taken into account.

### **EVENT RULES**

#### **AMBULATORY**

All ambulatory matches will be conducted in accordance with United States Bowling Congress rules, except as modified herein. For a copy of these rules, please visit:

[United States Bowling Congress](#)

621 Six Flags Drive  
Arlington, TX 76011  
(800) 514-2695

## **BOWLING -WHEELCHAIR**

All wheelchair matches will be conducted in accordance with American Wheelchair Bowling Association rules, except as modified herein. All athletes must bring their own wheelchairs, foot rests, brakes and foot straps.

## **BOWLING -WHEELCHAIR ADAPTIVE**

Ramps, sticks and handle balls must be used by those athletes in the wheelchair adaptive category matches. Bowlers will adjust their own ramps with no assistance from anyone. Bowlers in this division will not switch lanes during competition. Feet may not touch the floor during competition. For a copy of these rules, please visit:

[American Wheelchair Bowling Association  
info@awba.org](mailto:info@awba.org)

## **BOWLING - VISUALLY IMPAIRED**

All visually impaired matches will be conducted in accordance with American Blind Bowling Association rules, except as modified herein. Handrails may be used for those athletes in the visually impaired category matches. For a copy of these rules, please visit:

[INSTRUCTIONAL MANUAL FOR BLIND BOWLERS](#)

[American Blind Bowling Association](#)

Kathy Brockman

2735 S. 61<sup>st</sup> Street

Milwaukee, WI 53219

[Kathybrock1@sbcglobal.net](mailto:Kathybrock1@sbcglobal.net)

## **CYCLING**

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### **EQUIPMENT**

The NVGAG will provide (rent) two-wheel bicycles of similar style and condition for the 2016 competition only. Athletes are permitted and encouraged to bring their own bicycle for competition that is custom-fit for the athlete. Multi-gear (free-wheel) bikes with front and rear brackets are required.

There may be no protective shield, faring or other device on any part of the bicycle (including, but not limited to, the frame, wheels, handlebars, chain wheel or accessories) that has the effect of reducing air resistance, except those allowed by the USCF.

All bicycles must be certified by the Head official prior to the competition. Helmets are mandatory and must conform to USA Cycling regulations. Athletes will be required to furnish and wear their own athletic shoes for this competition.

### **COMPETITION**

The 5K cycling competition is limited to ambulatory athletes only and will be based on best time. The road race will be a mass start at 10-minute intervals by age division, and gender with combinations when needed. Each athlete will be given the opportunity to become familiar with the course. Warm-up prior to the cycling competitions will be used to determine the riding ability and safety of the athlete. If the athlete is deemed unsafe he/she will not be allowed to compete.

Riders must stay to the right except when overtaking another rider. Failure to do so will result in disqualification. No rider shall pace behind another rider closer than 25 meters (80 feet) ahead, or 2 meters (7 feet) to the side. A rider who is observed taking pace shall receive a time penalty. No restarts are permitted.

### **EVENT RULES**

All matches will be conducted in accordance with the USA Cycling rules, except as modified herein. For a copy of these rules, please visit:

[USA Cycling](http://www.usacycling.org)

210 USA Cycling Point, Suite 100  
Colorado Springs, CO 80919  
(719) 434-4200



## GOLF

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### EQUIPMENT

The NVGAG will provide one sleeve of three golf balls, tees, scorecards, and golf carts. Athletes must provide their own clubs, golf gloves, golf shoes, and additional golf balls. The NVGAG will not be responsible for replacing lost or stolen clubs. Golf carts are for athletes and official NVGAG staff only, **NOT** for coaches, family or friends of athletes.

### COMPETITION

The event will be held on a golf course selected by the NVGAG. Play will consist of eighteen (18) holes for golfers 55 -79 and nine (9) holes for age groups 80 and above. If an athlete is unable to complete the round a withdrawal is necessary.

Players will begin each hole from the following tee boxes: RED - women; WHITE– men. Players 80 and above - GOLD/senior tees.

Each athlete will compete individually within his/her age group and gender divisions. Gross scores will determine the first three places in each age category. In the event of a tie between 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> place the USGA tie-breaking procedure of matching scorecards will be implemented.

Golf athletes must have prior golfing experience of having played on a regular basis for at least the past one year. Each athlete will provide golf ratings on their application to assist with setting up teams.

Spectators must remain at least 25 feet away from tee boxes and greens. USGA rules regarding coaching will be strictly enforced. USGA rules regarding pace of play will be observed. Spectators may be asked, by the event's Head Official, to leave the course in the event of a disturbance or interruption event play.

### EVENT RULES

All matches will be conducted in accordance with the United States Golf Association rules, except as modified herein. For a copy of these rules, please visit:

[United States Golf Association](#)

PO Box 708  
Far Hills, NJ 07931  
(908) 234-2300

## **HORSESHOES**

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### **EQUIPMENT**

The NVGAG host will provide standard and adaptive sets of pitching horseshoes. The 2016 competition will be held indoors using adapted equipment.

### **COMPETITION**

The competition will be set up in a single elimination tournament format. All matches will be played for ten innings, each player throwing two shoes per inning. If conditions warrant, the event's Head Official may decrease the number of innings pitched in the match. The winner of the match will advance in the tournament. The Championship round will be decided by win/loss record. Count-all scoring (without bonus points for each match won) will be used. First Place ties will play a 30-shoe playoff game to decide 1st and 2nd place. All other ties will be decided by head-to-head competition (who beat who between the tied participants) and then by points scored if still tied.

All pitching distances are measured from the bottom of the stake to the pitching line. Pitching distances will vary based on age, gender and category. Athletes in the visually impaired and wheelchair categories will use the standard court, but the pitching distances will be adjusted in accordance with the below guidelines:

#### **Ambulatory:**

Men 55-69	40ft
Men 70+	30ft
Women 55-74	30ft
Women 75+	20ft

#### **Visually Impaired & Wheelchair:**

Men 70+	20ft
Women 55-74	15ft

## **EVENT RULES**

### **AMBULATORY & WHEELCHAIR**

All ambulatory and wheelchair matches will be conducted in accordance with the National Horseshoe Pitcher's Association rules, except as modified herein. For a copy of these rules, please visit:

[National Horseshoe Pitcher's Association](#)

3085 76<sup>th</sup> Street  
Franksville, WI 53123  
(262) 835-9108

In pitching the shoe, the pitcher may stand or sit on or behind the pitcher's line in the wheelchair division only.

### **VISUALLY IMPAIRED**

All visually impaired matches will be conducted in accordance with the United States Blind Horseshoe Pitchers Association rules, except as modified herein. Beeper devices are available for the visually impaired category of competition. In pitching the shoe, the pitcher may stand or sit on or behind the pitcher's line in the visually impaired category.

For a copy of these rules, please visit:

**U.S. Blind Horseshoe Pitchers Association**

395 Baytree Dr.  
Melbourne, FL 32940

## NINE BALL

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### EQUIPMENT

The NVGAG host will provide billiards tables and balls (nine numbered and one cue ball), diamond-shaped ball racks, cues, cue chalk, coin or other device to determine the break, and stop watches. Athletes may use their own pool cues after inspection and approval by the event's Head Official.

### COMPETITION

The competition will be set up in a single elimination tournament format. All matches will be best two out of three games. Third Place game will match the two losers of the two semi-final games against each other. All games will be subject to a 10 min time limit.

Nine Ball is a rotation game, meaning the balls are shot in numerical order. The shooter must strike the lowest numbered ball on the table first. The game is over when the 9-ball is legally pocketed. A player retains his/her turn at the table as long as he/she strikes the lowest numbered ball first and legally pockets a ball. He/she need not pocket the lowest numbered ball to continue shooting. For example, he/she may shoot the 1-ball into the 4-ball, thus pocketing the 4-ball. He/she will then continue shooting but must, once again, strike the 1-ball first. If the shooter hits the 1-ball into the 9-ball and the 9-ball is pocketed, the game is over and that shooter wins. Neither shots nor pockets need to be called.

Nine balls are used and are racked in a diamond shape. All fouls carry the ball in hand penalty anywhere on the table.

### EVENT RULES

#### AMBULATORY & WHEELCHAIR

All ambulatory and wheelchair matches will be conducted in accordance with the Billiard Congress of America rules, except as modified herein. Athletes in the wheelchair division must remain seated while shooting and feet may not touch the floor. No alterations may be made to change the height of the seat. For a copy of these rules, please visit:

[Billiard Congress of America](http://www.billiardcongressofamerica.com)  
10900 West 120<sup>th</sup> Avenue- Unit B7  
Broomfield, CO 80021  
(303) 243-5070

## POWER WALK

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### EQUIPMENT

The NVGAG host will provide the course, timing system and score sheets.

### COMPETITION

Power Walking is a progression of steps taken so the walker makes contact with the ground with no visible (to the human eye) loss of contact. The advancing leg can be bent as it passes under the body. Officials will look for loss of road contact (both feet off the ground at the same time) and an athlete can be disqualified if they receive three warnings from three separate officials.

Competition will consist of a ½ mile and a 1 mile power walk.

Athletes must wear appropriate clothing – athletic shorts or tights. Street-type clothing and shoes that are inappropriate may cause disqualification.

Places will be based on fastest time for each event. Medals will be awarded based on age division and gender. Resolving ties: competitors who tie will be awarded duplicate medals.

### EVENT RULES

The event will be conducted in accordance with the USA Track & Field rules, except as modified herein. For a copy of these rules, please visit:

[USA Track & Field](#)

132 East Washington St., Suite 800  
Indianapolis, IN 46204  
(317) 261-0500

## SHUFFLEBOARD

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### EQUIPMENT

The NVGAG host will provide standard and adaptive shuffleboard discs, and cues. Athletes may use their own cue if determined to be of regulation type by the event's Head Official, and the cue shall not have an overall length of more than 6 feet, 3 inches. Only discs provided by the NVGAG may be used.

### COMPETITION

This competition will be set up in a single elimination tournament format. All matches will be played in six innings. Highest point score will determine the winner. Third Place game will match the two losers of the two semi-final games against each other.

No metal part of the cue shall touch the playing surface.

### EVENT RULES

#### AMBULATORY

All ambulatory, wheelchair and visually impaired matches will be conducted in accordance with the National Shuffleboard Association rules, except as modified herein. For a copy of these rules, please visit:

[National Shuffleboard Association](#)

6634 North Lake Drive  
Zephyrhills, FL 33542  
(813) 395-6343

#### WHEELCHAIR

For the wheelchair category, the event's Head Official has the option of moving the foul lines closer to allow wheelchair athletes a shorter court. The court will be the same for all athletes in each age group for this category. The allowable distance for wheelchair foul line on a standard 52ft court shall be 7ft and 6 inches in front of a standard foul line, or 13ft in front of base line.

Wheelchair athletes will shoot two of the same colored discs before alternating shots with other the athlete, until all four discs of each athlete are played.

### VISUALLY IMPAIRED

Bright colored discs will be used for the visually impaired category of competition. Visually impaired athletes are permitted to use their own spotting scopes, pending approval by the event's Head Official.

## SWIMMING

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### EQUIPMENT

The NVGAG will provide towels, appropriate life guarding equipment, lane markers, timing system and starting device. Swimmers must provide their own suits, caps, and goggles.

### COMPETITION

All swimming events will be based on time. The number of racers in each heat will be based on the number of entries. The opportunity to warm-up in the pool prior to the race will be given at the discretion of the event's Head Official. The order of finish (1<sup>st</sup> through 6<sup>th</sup> places) will be determined by best times for each event within each age division. Any swimmer who uses improper methods in order to obtain an advantage over his/her competition will be disqualified from that event.

**Starts:** The forward, backstroke and breaststroke starts must be taken by an in-water push from the wall. A false start will result in disqualification.

**Turns:** A turn is completed when some part of the swimmer's body touches the wall. Flip turns are not allowed.

**Backstroke:** There are no rules pertaining to arm or leg movements. The swimmer is allowed to turn over on his/her stomach during the turn prior to touching the wall, and must touch the wall with some part of their body during each turn and at the finish. Flip turns are not allowed.

**Freestyle:** Swimmers must touch the wall with some part of their body during each turn and at the finish. Flip turns are not allowed. Any stroke may be used and swimmers may switch strokes whenever they wish.

**Breaststroke:** After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. A single butterfly kick is permitted during the first arm stroke, followed by a breaststroke kick. The first arm stroke begins with the separation of the hands.

From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that



order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement. A pause after the separation of the hands is not a violation of the rule.

## **EVENT RULES**

All matches will be conducted in accordance with the United States Masters Swimming, Inc. rules, except as modified herein. For a copy of these rules, please visit:

[United States Masters Swimming, Inc.](#)

655 North Tamiami Trail

Sarasota, FL 34232

(941) 256-8767 or (800) 550-7946

## TABLE TENNIS

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### EQUIPMENT

The NVGAG host will provide standard table tennis tables and nets, regulation table tennis rackets/paddles and balls, and scorecards. Athletes may use their own table tennis rackets if they are determined to be regulation by the event's Head Official and they are the same type as those supplied by the NVGAG.

### COMPETITION

Athletes will compete individually in singles table tennis. The competition will be set up in a single elimination tournament format. All matches will be played as the best three out of five games. Third place game will match the two losers of the two semi-final games against each other. White shirts or jackets are not permitted for competition, per USA Table Tennis rules.

### EVENT RULES

#### AMBULATORY & WHEELCHAIR

All ambulatory and wheelchair matches will be conducted in accordance with the USA Table Tennis rules, except as modified herein. For a copy of these rules, please visit:

[USA Table Tennis](#)

4065 Sinton Road, Suite 120  
Colorado Springs, CO 80907  
(719) 866-4583

#### WHEELCHAIR

Wheelchair category athletes are permitted to secure the paddle to their hand by tape or brace.

All wheelchair competition athletes must stay in full contact with the seat of the wheelchair. The athlete may not use their legs in any way to gain an advantage over their opponent.

## TRACK & FIELD

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### EQUIPMENT

The NVGAG host will provide the course, timing system and score sheets.

The NVGAG will provide certified implements for all field events and age groups. Athletes must use the implements that are provided.

### COMPETITION

This competition will consist of 100m, 200m, 400m, 800m and 1500m. The number of heats will be determined by the number of entries. The order of finish (1<sup>st</sup> through 6<sup>th</sup> places) will be determined by best times for each event within each age division. Athletes must not wear clothing that could impede the view of the officials (i.e., the knees and legs must be clearly visible at all times); athletic shorts or tights must be worn.

Each athlete will have the opportunity to throw any of the three official implements (discus, javelin and shot put) 3 times each. Only the longest of each athlete's 3 throws will be scored.

#### Discus:

Weights for Discus by Age Division and Gender:

<b>Men 55-59</b>	<b>1.5kg</b>
<b>Men 60-64</b>	<b>1.0kg</b>
<b>Men 65-69</b>	<b>1.0kg</b>
<b>Men 70-74</b>	<b>1.0kg</b>
<b>Men 75-79</b>	<b>1.0kg</b>
<b>Men 80+</b>	<b>1.0kg</b>
<b>Women 55-59</b>	<b>1.0kg</b>
<b>Women 60-74</b>	<b>1.0kg</b>
<b>Women 75+</b>	<b>.75kg</b>

#### Javelin:

Weights for Javelins by Age Division and Gender:

<b>Men 55-59</b>	<b>700g</b>
<b>Men 60-64</b>	<b>600g</b>

<b>Men 65-69</b>	<b>600g</b>
<b>Men 70-74</b>	<b>500g</b>
<b>Men 75-79</b>	<b>500g</b>
<b>Men 80+</b>	<b>400g</b>
<b>Women 55-59</b>	<b>500g</b>
<b>Women 60-74</b>	<b>400g</b>
<b>Women 75+</b>	<b>400g</b>

### **Shot Put:**

Weights for Shot Put by Age Division and Gender:

<b>Men 55-59</b>	<b>6kg</b>
<b>Men 60-64</b>	<b>5kg</b>
<b>Men 65-69</b>	<b>5kg</b>
<b>Men 70-74</b>	<b>4kg</b>
<b>Men 75-79</b>	<b>4kg</b>
<b>Men 80+</b>	<b>3kg</b>
<b>Women 55-59</b>	<b>3kg</b>
<b>Women 60-74</b>	<b>3kg</b>
<b>Women 75+</b>	<b>2kg</b>

### **EVENT RULES**

All events will be conducted in accordance with the USA Track & Field rules, except as modified herein. For a copy of these rules, please visit:

[USA Track & Field](http://www.usatf.org)  
 132 East Washington St., Suite 800  
 Indianapolis, IN 46204  
 (317) 261-0500

## EXHIBITION SPORTS

The exhibition sports will be introductory clinics that will include instruction, as well as opportunities to participate.

In addition, information will be provided on competitive opportunities in the community.

- **BASKETBALL 3-on-3 HALF COURT**

Ages 55-59, 60-64, 65-69 only

FOR COMPLETE RULES:  
National Collegiate Athletic  
Association  
700 W. Washington Street  
P. O. Box 6222  
Indianapolis, IN 46206-6222  
(317) 917-6222  
[www.ncaa.org](http://www.ncaa.org)

- **BLIND DISC GOLF**

FOR COMPLETE RULES:  
Professional Disc Golf  
[www.pdga.com/rules](http://www.pdga.com/rules)  
[www.facebook.com/BlindDiscGolf](https://www.facebook.com/BlindDiscGolf)

- **PICKLEBALL**

FOR COMPLETE RULES:  
USA Pickleball Association  
PO Box 7354  
Surprise, AZ 85374  
[www.usapa.org](http://www.usapa.org)

- **RACQUETBALL**

*Ages 55-59, 60-64, 65-69 only*

FOR COMPLETE RULES:  
United States Racquetball Association  
1685 West Uintah St.  
Colorado Springs, CO 80904  
(719) 635-5396  
[www.usra.org](http://www.usra.org)

- **ROWING**

FOR COMPLETE RULES:  
US Rowing  
2 Wall Street  
Princeton, NJ 08540  
(800) 314-4769  
[www.usrowing.org](http://www.usrowing.org)